Item No 37

Children’s play equipments

1. **Multi-Play Station / Play Structure**

Purpose: Multi-activity structure combining slides, climbers, bridges, and tunnels.
Material: Powder-coated steel frame, roto-molded HDPE plastic parts.
Age Group: 3-12 years
Dimensions: Varies (common: 6000mm x 4000mm x 3500mm H)
Safety Zone: 2m clearance all sides
Components: Slides, ladders, tunnels, platforms, roofs
Play Benefits: Physical activity, social play, coordination.

2. **Swing Set**

Purpose: Back-and-forth swinging motion for fun and vestibular development.
Material: GI / MS steel frame, rubber or EVA safety seats, galvanized chains.
Age Group: 3-10 years
Dimensions: 2500mm (L) x 1500mm (W) x 2100mm (H)
Types: Flat seat, bucket seat (for toddlers), tire swing
Play Benefits: Balance, sensory integration, spatial awareness.

3**. Slide (Straight or Spiral)**

Purpose: Climbing and sliding for fun and physical development.
Material: FRP or HDPE slide with steel ladder/frame.
Age Group: 3-10 years
Dimensions: Height: 1500-3000mm; Slide length: up to 4000mm
Types: Straight, spiral, wave, tunnel
Play Benefits: Core strength, balance, risk assessment.

4. **See-Saw**

Purpose: Coordinated play with partner; movement and balance.
Material: Powder-coated steel frame, rubber bumpers, HDPE seats.
Age Group: 3-10 years
Dimensions: Length: 2000mm; Seat height: 500mm
Children's Playground Equipment - Specifications
Play Benefits: Teamwork, balance, muscle coordination.

5. **Climber**

Purpose: Climbing for physical strength and agility.
Material: Steel frame with nylon ropes, HDPE panels, or steel rungs.
Age Group: 5-12 years
Dimensions: 2500mm (H) x 2000mm (W) (varies)

Types: Spider net, wall climber, A-frame climber
Play Benefits: Upper body strength, problem-solving, spatial orientation.
6. **Monkey Bars / Horizontal Ladder**
Purpose: Upper body strength and hand-eye coordination.
Material: MS/GI pipe, powder-coated, anti-slip rungs.
Age Group: 6-12 years
Dimensions: 2500mm (L) x 600mm (W) x 2100mm (H)
Play Benefits: Arm and shoulder strength, confidence building.
7. Merry-Go-Round
Purpose: Spinning motion for vestibular development and fun.
Material: Steel base, anti-slip platform, hand grips, ball bearings.
Age Group: 4-10 years
Dimensions: Diameter: 1500-1800mm; Height: 800mm
Play Benefits: Balance, social play, coordination.
8. Spring Rider / Rocker
Purpose: Bouncing motion, typically single-seater animal or bike shape.
Material: Powder-coated steel spring, HDPE seat or molded body.
Age Group: 2-6 years
Dimensions: Base: 800mm x 400mm; Height: 500-600mm
Play Benefits: Balance, imaginative play, motor skills.
Children's Playground Equipment - Specifications
9. Crawl Tunnel
Purpose: Encourage crawling, hiding, and exploration.
Material: Roto-molded HDPE or FRP cylindrical tunnel.
Age Group: 2-6 years
Dimensions: Diameter: 600mm; Length: 1000-1500mm
Play Benefits: Sensory stimulation, gross motor skills.
10. Balancing Beam / Zig-Zag Walk
Purpose: Walking and balancing on a narrow beam.
Material: Steel or wooden beam with anti-slip top.
Age Group: 4-10 years
Dimensions: Length: 2000mm; Width: 150mm; Height: 300mm
Play Benefits: Balance, coordination, focus.

Item No.38
Outdoor Gym Equipment for Adults - Specifications
1. Air Walker / Air Strider
Purpose: Cardiovascular workout, leg mobility, and balance.
Material: Galvanized steel with powder coating.
Dimensions: Approx. 1500mm (L) x 600mm (W) x 1500mm (H)

Weight Capacity: 120-150 kg
Function: Simulates walking or gliding without ground impact.
Muscles Targeted: Legs, hips, core.

2. Leg Press Machine

Purpose: Strengthens lower body.
Material: Steel frame with anti-slip foot platform.
Dimensions: Approx. 1800mm (L) x 700mm (W) x 1300mm (H)
Weight Capacity: 120-150 kg
Function: Push body away from a footplate with extended legs.
Muscles Targeted: Quads, glutes, hamstrings.

3. Chest Press

Purpose: Strength training for upper body.
Material: Steel frame with PU hand grips.
Dimensions: Approx. 1300mm (L) x 700mm (W) x 1500mm (H)
Weight Capacity: 120-150 kg
Function: Press arms forward against resistance.
Muscles Targeted: Chest, shoulders, triceps.

4. Lat Pulldown / Pull Down Machine

Purpose: Upper back and shoulder strength.
Material: Powder-coated steel frame with rotating pulleys.
Dimensions: Approx. 1400mm (L) x 800mm (W) x 2000mm (H)
Weight Capacity: 120-150 kg
Function: Pull handles downward while seated.
Outdoor Gym Equipment for Adults - Specifications
Muscles Targeted: Lats, shoulders, arms.

5. Twister (Waist Twisting Disc)

Purpose: Improve flexibility and mobility of the waist.
Material: Steel post, rotating base with anti-slip surface.
Dimensions: Approx. 500mm (L) x 500mm (W) x 1400mm (H)
Weight Capacity: 100-120 kg
Function: Rotate lower body from side to side while gripping handles.
Muscles Targeted: Obliques, core.

6. Rowing Machine

Purpose: Full body cardiovascular and strength training.
Material: Powder-coated steel with PU handles.
Dimensions: Approx. 1700mm (L) x 600mm (W) x 1300mm (H)
Weight Capacity: 120-150 kg
Function: Pull handles while pushing with legs in seated position.
Muscles Targeted: Back, arms, legs, core.

7. Pull-Up / Chin-Up Bars

Purpose: Upper body strength and endurance.
Material: Stainless or galvanized steel.
Dimensions: Height: 2200mm; Bar length: 1200-1800mm
Weight Capacity: 150+ kg
Function: Perform bodyweight pull-ups or chin-ups.
Muscles Targeted: Lats, biceps, forearms.

8. Parallel Bars / Dip Station

Purpose: Upper body and core strength.
Material: Powder-coated steel with anti-slip grips.
Dimensions: Length: 1800mm; Height: 1200mm; Bar gap: 500mm
Outdoor Gym Equipment for Adults - Specifications
Weight Capacity: 150 kg
Function: Bodyweight dips, leg raises.
Muscles Targeted: Chest, triceps, shoulders, abs.

9. Sit-Up Bench / Ab Board

Purpose: Core strengthening.
Material: Steel frame with PU padded board or perforated metal.
Dimensions: Length: 1500mm; Width: 400mm; Height: 500mm (angled)
Weight Capacity: 100-120 kg
Function: Perform sit-ups at an inclined position.
Muscles Targeted: Abdominals, obliques.

10. Stepper / Stair Climber

Purpose: Cardiovascular and leg muscle endurance.
Material: Steel base with non-slip foot pedals.
Dimensions: Approx. 1200mm (L) x 600mm (W) x 1500mm (H)
Weight Capacity: 120-150 kg
Function: Simulates stair climbing.
Muscles Targeted: Glutes, hamstrings, calves